

## Makahiki ceremony comes alive on Hickam



**By Maj. Paul Wright**  
15th Airlift Wing  
Public Affairs

Hickam was honored to host the Makahiki Saturday at Hickam Harbor. The Makahiki is a Hawaiian ceremony which the islanders celebrated for generations before their first western contact.

The Makahiki season traditionally runs from November through February and signifies a period of spiritual and cultural renewal for Hawaiians. This is the third year Hickam has hosted the Makahiki, and as in previous years, the ceremony was impressive in both its solemnity and in its ability to show part of Hawaii's past.

Col. Bill Changose, 15th Airlift Wing commander, was the ceremonial chief with whom the Makahiki participants exchanged gifts in honor of the season.

The Makahiki was sponsored by the Oahu Council of Hawaiian Civic Clubs.

"The Makahiki is a celebration of thanksgiving and sharing, similar in many ways to the traditional thanksgiving celebrated at this time of year," said Shad Kane, Oahu Council HCC. According to Mr. Kane, the ceremony was a way for the ancient islanders to honor Lono, the Hawaiian god of agriculture, good health, and welfare.

According to Hawaiian history, the Makahiki season lasted approximately

four months. During these four months ancient Hawaiians enjoyed a period of peace, festivals, and friendship.

"No fighting was allowed during the Makahiki," said Mr. Kane. "This was a period of renewal. There were very few professional soldiers during that period, most of your soldiers were farmers or fishermen, who fought when it was required." Mr. Kane said the Makahiki was an opportunity to stop fighting and work the land or to fish in peace.

Saturday's ceremony reenacted a ritual that would have been common in Hawaii hundreds of years ago. Approximately fifteen canoes with paddlers draped in the colors and costumes of ancient Hawaiians, landed on the shore of Hickam Beach.

Before coming to shore the canoers announced themselves with an oli, or chant. The oli told the people in the area that the boats came in friendship. Once they landed on the beach, the canoers, some of them signifying the physical form of the god Lono, would carry a kii (part of the physical image of Lono) and march on bare feet to the area where they would greet the chief and exchange gifts.

As the procession made its way to the site of the offerings, Kumu John Kaimikaua explained the significance of the clothing, the exchange of gifts, and the dances being performed by the participants.



Photos by Mark Bates

**Lono carried by Palehua Nakoa Anuheali'i Albert and other members of the Palehua Nakoa prepare to leave**

**Hickam Beach following the Makahiki Celebration Saturday at Hickam Harbor.**

In Hawaii, a kumu is a treasured elder who guides the Hawaiian people through the kumu's wisdom and powers of healing. Kumu Kaimikaua said the dances signified the games that would take place during the Makahiki. The dancers pantomimed wrestling, boxing, javelin throwing, and foot races. According to Kumu Kaimikaua, many other events would have taken place during this period and the dances were only an example of the many activities that would occupy the villagers during the Makahiki.

"The Makahiki is one of the most significant rituals in Hawaii's culture," said Mr. Kane. "It's meaningful to us that we are able to do this on Hickam because the Makahiki is a way to bridge the gap between families. It's a celebration for all of us."



**Kapolei Hawaiian Civic Club member Eric Matanane receives a traditional gift (ho'okupu) from Hale O Na Ali'i.**

## 'On ice' Kenney HQ moves mission to Antarctica

*Editor's note: This is the first in a three-part series on the Operation Deep Freeze.*

**By Tech. Sgt. Mark Munsey**  
15th Airlift Wing Public Affairs

Years from now, probably sooner, when the next great discovery from Antarctica's Operation Deep Freeze is announced by the National Science Foundation, important foundation milestones from that area will likely be shared, including three relevant to 2005.

This year marks the 50th anniversary of the Department of Defense involvement in the United States Antarctic Program and the 10th anniversary of the Nobel Prize in Chemistry being awarded to three professors for their work in ozone research in the Antarctic.

This year also heralds the start of Pacific Air Forces Kenney Headquarters taking over logistical support for the Antarctic program.

Another chronological event, occurring in 1967, is less likely to receive similar recognition.

That was the year Dave Bresnahan, Antarctic NSF representative, first went to 'The Ice' at Camp McMurdo, Antarctica. He wasn't sent for having the 'right stuff,' but more accurately, he had the right gear — Scuba gear.

While attending college in Virginia 38 years ago, Mr. Bresnahan supplemented his income working at a dive shop. When one of the team members heading to The Ice on a

NSF grant had to drop out at the last minute, Mr. Bresnahan's part-time job and childhood experiences played equal parts in his selection to join the team.

"In Virginia, as Boy Scouts, we did a lot of cold-weather camping," Mr. Bresnahan said.

Now, five decades later, Mr. Bresnahan has a vantage point unlike anyone else, and he likes what he sees in PACAF's new NSF role.

"The transition has been seamless" he said. "There has not been one sign of mission degradation since Kenney Headquarters took over."

And due to the Antarctic's location and limiting factors, that mission is cumbersome, he said.

"Long-range capabilities here are absolutely essential here," he said. "No other country's airlift capabilities can touch ours."

With more than 150 research projects and related activities occurring at any given time at McMurdo Station, the South Pole and points in between, mission support has gone to a new level, according to Col. Ron Smith, Support Forces Antarctica deputy commander.

"Our team has ownership of mission because no else does what we do here," Colonel Smith said. "They have risen to the level of expertise; world-recognized experts in logistics for the polar region."

"It's a big pride factor for us knowing we are accomplishing what the U.S. president has declared our national policy."



Photo by Tech. Sgt. Mark Munsey

**From left, Dave Bresnahan, National Science Foundation Antarctic representative at Camp McMurdo, Antarctica, joins NSF scientist Jim Mastro as they examine one of the many unique creatures that inhabit the area's underwater world.**



## AT THE MOVIES

Memorial Theater 449-2239  
CLOSED Monday and Tuesday  
**Friday, Saturday at 7 p.m.**

**Wallace and Gromit: Curse of Were-Rabbit** – Wallace and Gromit are cashing in with their humane pest-control outfit, “Anti-Pesto.” With only days to go before the annual Giant Vegetable Competition, business is booming, but Wallace & Gromit are finding out that running a “humane” pest control outfit has its drawbacks as their West Wallaby Street home fills to the brim with captive rabbits. Suddenly, a huge, mysterious, veg-ravaging “beast” begins attacking the town’s sacred vegetable plots at night, and the competition hostess, Lady Tottington, commissions Anti-Pesto to catch it and save the day. Lying in wait, however, is Lady Tottington’s snobby suitor, Victor Quartermaine, who’d rather shoot the beast and secure the position of local hero – not to mention Lady Tottington’s hand in marriage. Starring Peter Sallis and Helena Bonham-Carter. Rated G.



**Sunday at 7 p.m.**

**A History of Violence** – Tom is a loving family man and well-respected citizen of a small Indianan town. But when two savage criminals show up at his diner, Tom is forced to take action and thwart the robbery attempt. Suddenly heralded as a hero who took the courage to stand up to crime, people look up to Tom as a man of high moral regard. But all that media attention has the likes of mobsters showing up at his doorstep, charging that Tom is someone else they’ve been looking for. Is it a case of mistaken identity or does tom have a history that no one know about? Either way, someone’s about to find out if there’s a history of violence. Starring Viggo Mortensen and Maria Bello. Rated R for brutal violence, graphic sexuality, nudity, language, and some drug use.

**Wednesday at 7 p.m.**

**Domino** – Domino Harvey rejects her privileged Beverly Hills lifestyle as the daughter of a famous actor and a Ford agency model to become a bounty hunter in pursuit of society’s nastiest criminals. Starring Keira Knightley and Mickey Rourke. Rated R for strong violence, pervasive language, sexual content/nudity and drug use.

## Crossword Puzzle: Military in the movies

**By Capt. Tony Wickman**  
Alaskan Command  
Public Affairs

### ACROSS

- Marine fighting unit, in short
- Japanese sash
- Secretary Ridge’s org.
- USAF eval.
- Tempe, A.Z. school
- The \_\_\_\_ Day; 1962 WWII John Wayne film
- D-\_\_\_\_, the Sixth of June; 1956 WWII Henry Koster flick
- Actor
- Member of any various Indian peoples of central Mexico
- Gun lobby, in short
- Polynesian dance
- Conjunction
- Notify
- Young horse
- \_\_\_\_ Lisa
- Grooved
- Loving
- Article

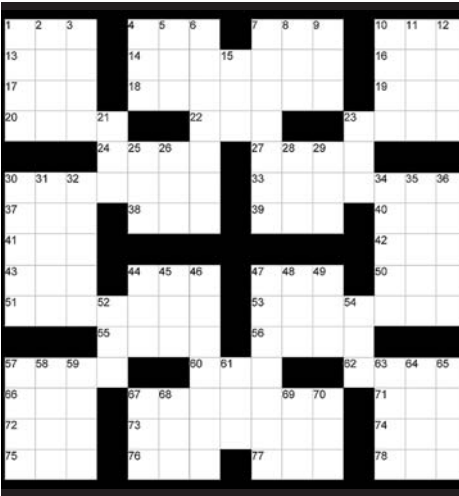
- The Thin \_\_\_\_ Line; 1999 WWII Sean Penn movie
- Fresh
- WY airport
- EuroAsian country
- 3, in old Rome
- Inventor Whitney
- Track segment
- Demure
- Appendage
- American physician and writer Oliver \_\_\_\_ Holmes
- Weekday
- Continent
- Actress Zellweger
- Droll people
- \_\_\_\_ Chi; exercise format
- Egyptian symbol of life
- Can be a person’s downfall
- Bit
- The Sands of \_\_\_\_ Jima; 1950 John Wayne WWII movie
- Yank’s opponent in Civil War

- Churches under the jurisdiction of a bishop
- Fuel
- Actors Harris and O’Neal
- Mil. ID number
- I, \_\_\_\_
- Smack

### DOWN

- 1970 movie about 4077th in Korean War
- Eldest son of Isaac and Rebecca
- \_\_\_\_ Metal Jacket; 1987 Stanley Kubrick Vietnam film
- TV channel for out doorsmen
- Constrictor
- Sucked in
- “\_\_\_\_ walking...”
- Time zone for Hickam
- Missouri airport
- Poet Saint Vincent Millay
- Henry VIII’s last wife Catherine
- Saving Private \_\_\_\_; WWII Steven Spielberg

- movie
- Top \_\_\_\_; 1986 Tom Cruise USN pilot movie
- USAF guidance for dress, appearance \_\_\_\_ 36-2903
- The Winds of \_\_\_\_; 1983 Robert Mitchum mini-series
- Rowing need
- Dined
- Lyrical poem
- Apocalypse \_\_\_\_; 1979 Francis Ford Coppola flick
- USAF base in Greenland
- Tree sap
- Epic saga
- Nigerian currency
- Sooty
- Mil. pay statement
- Boxing legend
- 1986 Oliver Stone Vietnam movie
- 1981 Ivan Reitman military comedy
- Color
- Yokota AB host country currency



- \_\_\_\_ Boot; 1982 WWII submarine flick
- Part of SEAL
- We \_\_\_\_ Soldiers; 2002 Mel Gibson Vietnam movie
- Ripened
- Abundance
- USAF MAJCOM for airlift, air refueling
- Close by
- The Bridge Over the River \_\_\_\_; 1957 William Holden WWII flick
- Entertain
- Music records, in short
- \_\_\_\_ Girl Friday
- 6th sense
- Actress Susan

**See ANSWERS, B4**

## Team Hickam History

### The Air Force’s most historic airfield

**Dec. 1, 1872** – Maj. Gen. John Schofield (commander of the Military Division of the Pacific) and Col. Barton Alexander (U.S. Army Corps of Engineers) sail from San Francisco to Honolulu with secret instructions to evaluate Hawaii’s ports in terms of defensive capabilities and commercial facilities. They recognize the great potential of Pearl

Harbor as a “harbor of refuge in time of war,” and recommend the United States try to get a deed.

**Dec. 1, 1887** – Hawaii’s King Kalakaua reluctantly agrees with his cabinet’s recommendation to cede Pearl Harbor to the United States. America now has

the exclusive right to enter Pearl Harbor, to improve its entrance channel, and to establish a coaling and repair station there.

**Dec. 1, 1940** – The 15th Pursuit Group was activated in Hawaii, and stationed at Wheeler Field, Territory of Hawaii. Maj. Clyde Rich assumed command of the group on that date. The group was assigned to the 14th Pursuit Wing.

**Nov. 25, 1945** – The 15th Fighter Group is stationed at Bellows Field, Territory of Hawaii. The 15th Fighter Group is assigned to Pacific Air Command, U.S. Army, attached to 7th Fighter Wing.

**Dec. 1 to 7, 1961** – The Hawaii Air National Guard moved into new facilities located on approximately 60 acres of land on what was previously Fort Kamehameha. The land was acquired from the Army in 1960.

# AFRF hosts classes to assist Team Hickam

**Airmen and Family Readiness Flight Phone Number: 449-0300**

**Sponsorship training** – Thursday from 9 to 10:30 a.m. As the unit’s ambassador, sponsors can make the relocation to Hawaii a very positive experience. The Airmen and Family Readiness Flight will help sponsors by giving them a one-stop shop of the necessary tools and resources needed to be successful. To register, call the AFRF.

**Hickam play group** – Tuesday to Thursday sessions, Thursday through Dec. 15 and Dec. 21 to 22, 9 to 11 a.m. at the pre-teen pavilion. Parents and children ages birth to 5 years old are invited to join the early childhood specialist for age-appropriate educational and recreational activities. No registration is required.

**Redeployment briefing** – Dec. 2, 9, 16, 22, and 29 from 2 to 3:30 p.m. Airmen who recently returned from

a contingency or deployment of 30 days or more, should plan to attend this briefing. The Hickam Community Action Team will provide essential briefings and literature to returning Airmen. To register, call the AFRF.

**Family readiness briefing** – Dec. 5, 12, and 19 from 1 to 2 p.m. All active-duty members, civilian employees and family members facing the possibility of deployment or remote assignment are encouraged to attend. To register, call the AFRF.

**Money management** – Dec. 6 from 1 to 3 p.m. This “hands-on” class will focus on hot money issues such as budgeting and debt management. Other topics discussed include car buying, credit cards, and investing for the future. To register, call the AFRF.

**Volunteer orientation** – Dec. 8 from 10:30 to 11:30 a.m. at the

American Red Cross, Pearl Harbor, building 1514; and Dec. 19 from 10:30 to 11:30 a.m. at the AFRF classroom, Hickam building 1105. Learn about the many volunteer opportunities within the 15th Airlift Wing, Pacific Air Forces, or tenant agencies. Schedule attendance through the American Red Cross at 449-0166.

**Deployed/remote-tour families’ holiday dinner** – Dec. 8 from 5 to 7 p.m. on the AFRF lanai. Deployed/remote-tour families are invited to a holiday dinner and an evening of sharing and fun. To register, call the AFRF.

**Transition assistance program three-and-a-half-day workshop** – Dec. 13 to 15 from 8 a.m. to 4 p.m. and Dec. 16 from 8 a.m. to noon. Join the AFRF team for a smooth and successful move to a second career or to retirement. Instructors from various agencies will provide

information and training on the job search and other critical elements of the transition process. To register, call the AFRF.

**Hickam play group** – Dec. 20 from 9 to 11 a.m. The Hickam Play Group will meet at Chuck E. Cheese. For directions or more information, contact Denise Vidinha at 456-4165.

**Looking for employment in Hawaii** – Dec. 20 from 9:30 to 11 a.m. Explore local employment trends, be informed on employment and education resources, register to use the Joint Employment Management System computerized job bank, and learn how to maximize a job search via the Internet. To register, call the AFRF.

**Smooth move** – Dec. 21 from 9 to 11 a.m. Subject matter experts will update attendees on the latest policy changes that may impact their move. To register, call the AFRF.

## Red Cross seeking volunteers

**Volunteers needed** – The Hickam/Pearl Harbor American Red Cross is currently seeking volunteers for the following positions: office support staff, instructors, and public speaking. People can support the local community, meet new people, learn new skills and have fun. Volunteer hours will be based on the availability of the volunteer. “We stop needing you when they stop needing us.” For more information, call the Red Cross office at 449-0166.

**American Red Cross CPR and first aid course** – Dec. 10 and 17. The cost of \$40 covers adult, infant and child CPR with first aid. Pre-registration is required and classes fill up fast. For more information or to register, call 449-0166.

**Babysitter training course** – Youth ages 11 to 18 who are interested in becoming American Red Cross certified babysitters can attend a course Dec. 3. The cost of the course is \$35 and pre-registration is required. For more information or to register, call 449-0166 or stop by the Red Cross office at 655 Vickers Ave Bldg. 1105.

Give us your feedback

Team Hickam members can submit letters to the editor to [hickam.kukini@hickam.af.mil](mailto:hickam.kukini@hickam.af.mil)  
Tell us what you think or would like to see in Kukini

## 15th Medical Support Squadron



## Pacific Air Forces Protocol



**Maj. Richard Phinney, 15th Medical Support Squadron, discusses an order with Tech. Sgt. Danny Acasio, 15th MDSS.**

**know about the 15th Medical Group:** The awesome 15th Medical Group soccer team ended their season with 11 wins and only two losses.

**If I could change one thing about Hickam, it would be:** Increase available parking in the rear of the gym in an effort to get most users to enter/exit the gym from the back. Currently most users have to park and walk across the heavily-traveled Vickers Avenue.

**What his supervisor has to say:** As the 15th MDG pharmacist, Major Phinney is a linchpin in the provision of care to our community. He and his staff come into direct contact with more of our beneficiaries than any other sections in the clinic. Even with the high volume of prescriptions they fill, the pharmacy still continues to receive high praise from patients.

**The 15th Medical Group rocks because:** The 15th Medical Group recently pulled together as a team and presented its “best foot forward” for an inspection.

**My job affects all of Hickam in that:** In addition to the more than 6,000 active-duty members assigned to Hickam, we also serve more than 14,000 eligible retired military beneficiaries.

**When not at work, I spend my off-duty time:** With my family. I love to also play golf and read.

## Something people don't

**PACAF Protocol rocks**  
**because:** Being a member of the PACAF Protocol office exposes me to distinguished visitors from the world.

**My job affects all of Hickam in that:** I provide protocol guidance and interact daily with senior leadership from every branch of service, foreign governments, state legislators and senior Department of Defense representatives.

When not at work, I spend my off duty time Mostly with friends or a school. I try to take advantage

of being stationed in Hawaii so I am always out and about enjoying what the island has to offer.

**Something people don't know about PACAF Protocol:** People don't realize the amount of distinguished visitors that visit our base and facilities who have a huge impact on decisions that are made throughout Pacific Air Forces with its mission and assets.

**If I could change one thing about Hickam, it would be:** The one thing I suggest would be to host more USO events such as concerts and comedy shows.

**What her supervisor has to say:** Sergeant Beasley was hand selected to fill this high profile position because of her attention to detail and can-do attitude. She has received many accolades from distinguished visitors to Hickam since filling this position.

*Tech. Sgt. David Davenport*  
*Pacific Air Forces Protocol*



**Staff Sgt. Tiffany Beasley discusses plans for a distinguished visitor trip with Tom Burton, chief of Headquarters Pacific Air Forces Protocol office.**

## SOLUTIONS, From B2



## CHAPEL

*Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.*

## PROTESTANT

Nelles Chapel  
 Sunday Contemporary  
 Service 8:30 a.m.  
 Sunday Gospel Worship  
 11:15 a.m.  
 Sunday Praise Gathering  
 5:30 p.m.  
 Chapel Center  
 Sunday Traditional  
 8:30 a.m.

## JEWISH

Aloha Jewish Chapel,  
Pearl Harbor  
473-0050  
Jewish Lay Leader  
Mr. David Bender  
527-5877  
Naval Station Chapel  
473-3971

# CATHOLIC

Nelles Chapel  
Weekday Mass  
11:30 a.m.  
Saturday Confessions  
4:15 p.m.  
Saturday Mass 5 p.m.  
Chapel Center  
Sunday Mass 10 a.m.

## ISLAMIC

Friday Congregational  
Service  
(1935 Aleo Place,  
Punahou)  
1 p.m.  
Muslim Association  
of Hawaii  
947-6263

## BUDDHIST

Honpa Hongwanji Hawaii  
Betsuin A Shin  
Buddhist Temple  
536-7044

## ORTHODOX

For more information,  
call 438-6687



## Sports Shorts

**Fitness center holiday hours** – The fitness center will observe holiday hours during the weekend of Christmas and New Years. The facility will be closed Christmas Day and will observe holiday hours of 9 a.m. to 6 p.m. Christmas Eve and New Year's Eve as well as the observed holidays and PACAF down days. For more information, call 448-2214.

**Holiday aerobics schedule** – The fitness center will have a reduced aerobics schedule from Dec. 21 through Jan. 2. A special step aerobics class and pot luck buffet will be held Dec. 23 at 9:30 a.m. Holiday aerobics schedules will be available for pick up at the fitness center front desk. For more information, call 448-2214.

**Jingle bell fun run** – The Hickam Fitness & Sports will host a 10K fun run Dec. 17. Participants need to register by noon Dec. 16 at the fitness center. The cost for the event is \$5 and includes an event t-shirt and awards for the overall finishers. For more information, call 448-4640/2214.

**Basic weight training and Fitlinxx classes** – People who are new to Hawaii or just new to fitness can go to the fitness center every Tuesday at 9 a.m. for an introduction to Fitlinxx class. Fitlinxx is an excellent way to manage and maximize workouts by electronically recording each exercise session. Every Thursday at 1 p.m. an introduction to basic strength training class is held. This class is great for beginners. Both classes are limited to for people and attendees must register in advance. For more information or to register, stop by the fitness center front desk or call 448-2214.

**Personal trainers** – Personal trainers are available by appointment only at the fitness center. A personal trainer can assist people in formulating an exercise program to give them maximum results, as well as motivating them through that workout. Male and female trainers are available. For more information, call 448-2214.

**Massage therapy** – Gift certificates are available for all massage therapy and spa services on Hickam. These make great stocking stuffers. Feeling exhausted from all the shopping? Check out the fitness center's holiday special, which includes an invigorating peppermint foot treatment, facial and massage. The entire package is \$70. This offer is good from Monday through Dec. 24. For more information or to make an appointment, call 448-2214.

# Hickam Blue Devils kick off Winter wrestling season

**Story and photos by  
Tech. Sgt. Andrew Leonhard**  
15th Airlift Wing Public Affairs

About two dozen Hickam youth are taking to the mat each week at the youth center's gym.

The Hickam Blue Devil Wrestling Club is back in full throttle learning the basics of folk-style (collegiate) wrestling like single- and double-leg take-downs, half-nelsons, and reverses in preparation for the 2005 Police Association League.

This is the second season for wrestling on Hickam and a big portion of the team wrestled during the Spring free-style season where the team made their mark as one of the top three wrestling programs in the state.

Even with the early rise in credibility the coaches are staying with the proven success of just teaching the fundamentals of the sport and making sure each child has fun doing it.

"Sure, all coaches want to see their team do well, win and compete at the higher levels with top programs," said Coach Kevin Corbett. "But we get more excited just seeing a child who came out not knowing anything about wrestling to pull off his first takedown or getting their first victory."

The coach has nearly 16 years of coaching experience from elementary to Division III wrestling programs and is ready to see

what the Aloha State has to offer.

"I look forward to seeing how Hawaii stacks up against some of my past experiences with coming from a big state influenced on wrestling like Pennsylvania," the coach said.

It's not so much for the coach to say one program is better than another, but for him it's to learn from others that love the sport and maybe even pass on some of his knowledge to other fellow coaches and young athletes.

Passing on that knowledge and being a part of something special was all the pull Coach Tom Harris needed to step up from just being a part-time volunteer to being one of the main coaches of the Blue Devil program.

"I was very impressed with the coaches, wrestlers and parents during last season, so I wanted to become more involved during this season," said Coach Harris, who's son Kyle is beginning his second season as a Hickam Blue Devil. "I want to help each wrestler take something with them off the mat."

The coach uses his passion for the sport as a way to help provide some time to each competitor and allow them to appreciate and understand the sport.

The team will take to the mat Saturday in the first tourney of the season at Moanalua High School at 9 a.m. Go Blue Devils!



**Above:** Liam Corbett, 7, shoots in for a single-leg takedown on Cameron Love, 8, as Coach Thomas Love helps instruct both wrestlers on proper form during wrestling practice Tuesday at the youth center gym.

**Left:** Micah Vannatta, 7, watches attentively as Coach Kevin Corbett weighs him in Tuesday after practice. The team was weighed in preparation for the season's first tournament at Moanalua High School Saturday.

### Blue Devils Wrestling

Practice: Tuesday and Thursdays  
Location: Kidsports gym

Time: 5:15 p.m.  
To register call 448-6611

## Hickam leaders set PTU guidelines

**By Senior Airman  
Sarah Kinsman**  
Kukini Editor

The Air Force recently announced new guidance for wear of the physical training uniform. Hickam leadership has designated their own guidance for Hickam members.

"The physical training uniform is a workout uniform, designed to provide maximum comfort and visibility for our Airmen," said Col. Bill Changose, 15th Airlift Wing commander. "Our intent is to strike an effective balance between utility of wear during fitness activities and display of a professional military image and safety. Safety will always be our first priority."

The following standards apply while wearing the PTU on Hickam:

**PTU shirt:**  
The shirt will be tucked into shorts.

Sleeves will not be rolled.

**PTU shorts:**  
The lining in the PTU shorts may be removed, however, do not modify the other PTU items such as sleeve removal.

Black or navy blue span-

dex shorts may be worn under the PTU shorts and should be no longer than the top of the knees.

**Socks:**

Only white socks will be worn, any length. Small conservative trademarks are authorized.

**Shoes:**

Conservative color athletic shoes will be worn.

**Hats:**

Headgear is not authorized unless a medical waiver condition exists. Commanders will make the decision.

Ski wraps or sweatbands are not authorized.

Bandannas and other similar headscarves or headgear are not authorized.

**PTU Jacket:**

The PTU jacket will be zipped up at least half way.

The hood will be stored and zipped when not worn.

The PTU jacket may be worn with civilian clothes.

**PTU pants:**

The PTU pants can be worn without the PTU jacket.

Leg zippers will be zipped.

**Saluting:**

Saluting is not required when wearing the PT uniform.

form.

**Hair:**

Female hair standards will present a neat appearance while wearing the PTU.

Long hair is not required to be pinned or tied up to comply with normal length requirements.

Male hair standards will comply with Air Force Instruction 36-2903.

**Headphones:**

Headphones are authorized in the fitness center and at the base track.

Headphones are not authorized while running on the streets with traffic.

**Gloves:**

Weightlifting gloves are authorized during weightlifting activities.

**Tattoos:**

Tattoo and jewelry standards remain in effect and members must comply with guidance specified in AFI 36-2903.

**Maternity PTU:**

There is no mandated maternity PTU while participating in formations, unit activities, similar official events and when mission and safety dictates.

**Miscellaneous:**

Reflective belts are not required with the PTU.



Photo by Mark Bates

**Col. Bill Changose, 15th Airlift Wing commander, runs his physical fitness test as Senior Airman Jason Nunez, 15th Airlift Wing Chapel, times him Monday.**

Camelbacks and fanny packs are authorized while performing individual PT.

All optional items being developed are authorized: long sleeve shirt, sweatshirt and additional style of running shorts.

No additional civilian clothing items may be added to the PTU.

"The correct wear of the PT uniform is expected on

Hickam," said Chief Master Sgt. Jim LeVack, 15th Airlift Wing command chief. "This uniform is just like any other and Airmen will follow the guidance like any other uniform."

For more information about the PTU standards, Airmen should contact their squadron commander's support staff, first sergeant or commander.



# Youth sports offer fun for all



Above: Hickam Youth play flag football during the football season.  
Right: Hickam Youth Flag Football Cheerleaders cheer during one of the youth football games. The varsity cheerleader program is just one of various activities Hickam youth can participate in. Currently basketball and cheerleading registration is going on through today at the youth center. Anyone from ages 5 to 17 can participate in the youth sports programs. Hickam youth play in the Hawaii Youth Sports League which is composed of the Army, Navy, Air Force, Marines, and Coast Guard. Youth ages 5 and 6 year old play against just kids here at Hickam on Friday nights. Ages 7 and above travel to the different bases on Saturdays to play other military teams.



Courtesy photos

## Fitness diva



Photo by Lorenzo Gaspar

Lea Newman (left), Kenney Headquarters (P) Chief of Staff executive officer, poses in her evening gown during the 2005 Natural Olympia Nov. 19 in Las Vegas, Nev. Newman captured gold medals in the Natural Olympia Ms. Fitness and the Fitness Model Search. The top fitness competitor also brought home a silver medal in the Natural Olympia Bikini Diva competition. Next to her is competitor Paige Levy of Marina del Rey, Calif. Competitors were there from the United States, Australia, Canada and New Zealand.